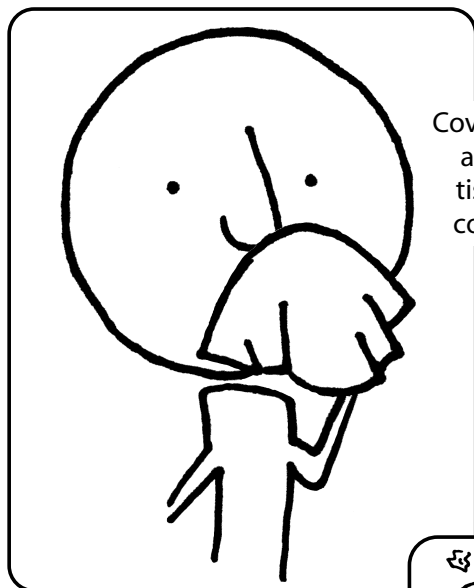


Stop the spread of germs that make you and others sick!

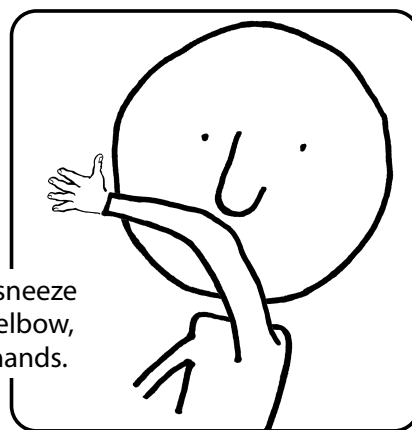
Cover your Cough



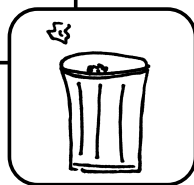
Cover your mouth
and nose with a
tissue when you
cough or sneeze

or

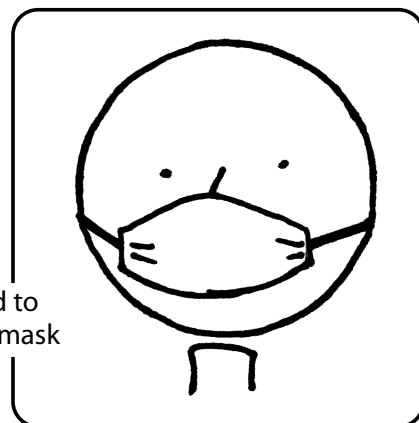
cough or sneeze
into your elbow,
not your hands.



Put used tissue in
the waste basket.

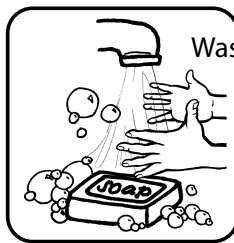


You may be asked to
put on a surgical mask
to protect others.



Clean your Hands

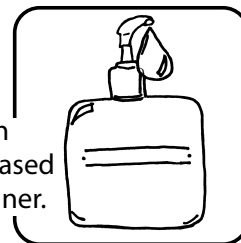
after coughing or sneezing



Wash with soap
and water.

or

clean with
alcohol-based
hand cleaner.



阻止使您和他人患病的細菌傳播！

咳嗽時

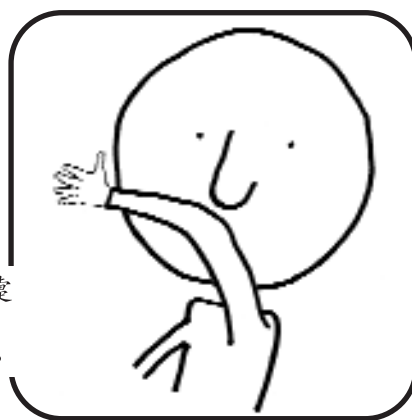
遮掩

口鼻。



當您咳嗽或
打噴嚏時，
用紙巾遮掩口鼻；

或者
咳嗽或打噴嚏
到上衣袖中，
而非到手上。

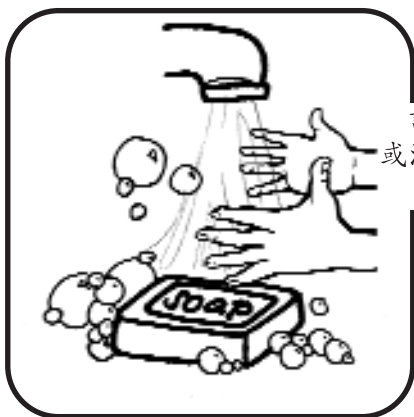


將用過的紙巾
放入垃圾筒。



咳嗽和打噴嚏後

洗手。



請用肥皂
或溫水洗手

或者
用以酒精為主要
成分的洗手液洗手



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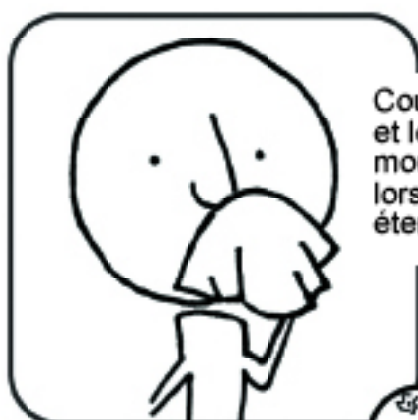


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Stoppez la propagation des germes qui
rendent tout le monde malade !

Couvrez votre bouche lorsque vous toussez



Couvrez-vous la bouche
et le nez avec un
mouchoir en papier
lorsque vous toussiez ou
éternuez

ou

toussez ou éternuez
dans le haut de votre
manche, et non dans
vos mains.



Jetez votre mouchoir en
papier à la poubelle.



Nettoyez VOS mains

après avoir toussé ou éternué.



Lavez-vous les mains à
l'eau chaude et au
savon pendant 20
secondes ou

nettoyez-les à l'aide
d'un nettoyant pour
les mains à base
d'alcool.



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Association for Professionals in Infection Control and Epidemiology, Inc.

Cheem tsis pub kom kab mob kis rau
koj thiab rau lwm tus neeg!

Vov koj lub qhov ncauj thaum hnoo



Vov koj lub qhov ncauj
thiab qhov ntswg nrog
ntaub so ntswg thaum
hnoo los yog txham

Muab koj daim ntawv so
ntswg pov thoob kib nyiab.



Hnoo los yog txham
rau koj lub tes tsho,
tsis yog koj bxais tes.

Ntxuav tes lawv qab ntawm koj hnoo los yog txham tas.



Ntxuav tes nrog
xab bus thiab dej
sov los 20 xes
nkoo los yog



Ntxuav tes nrog
cawv cuaj caum
los tau ib yam.



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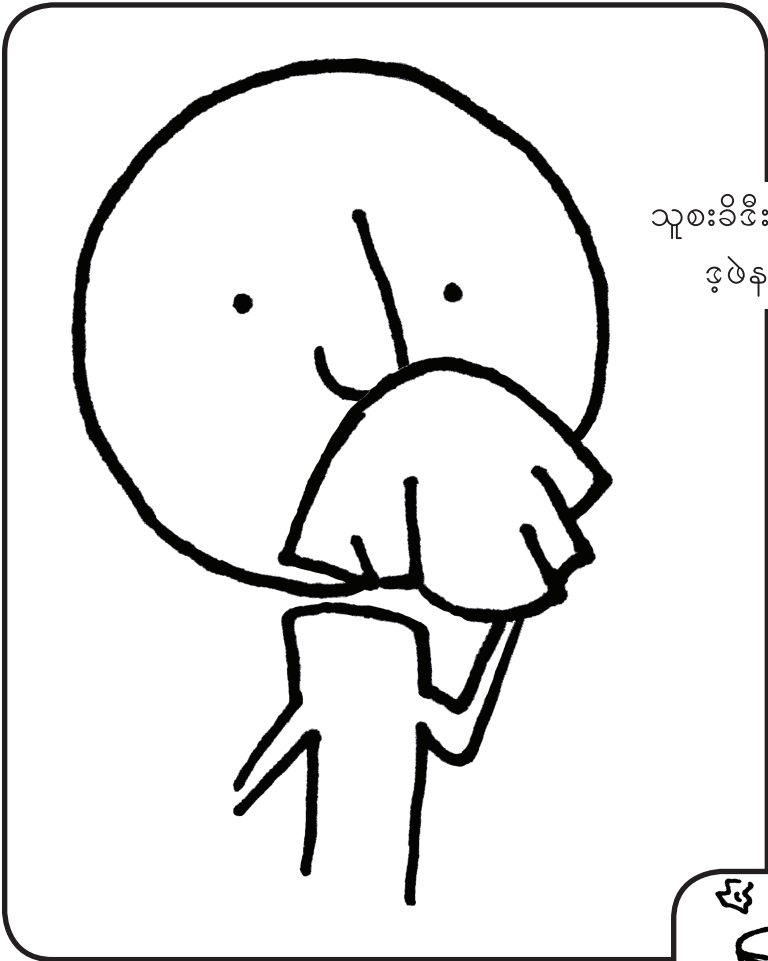


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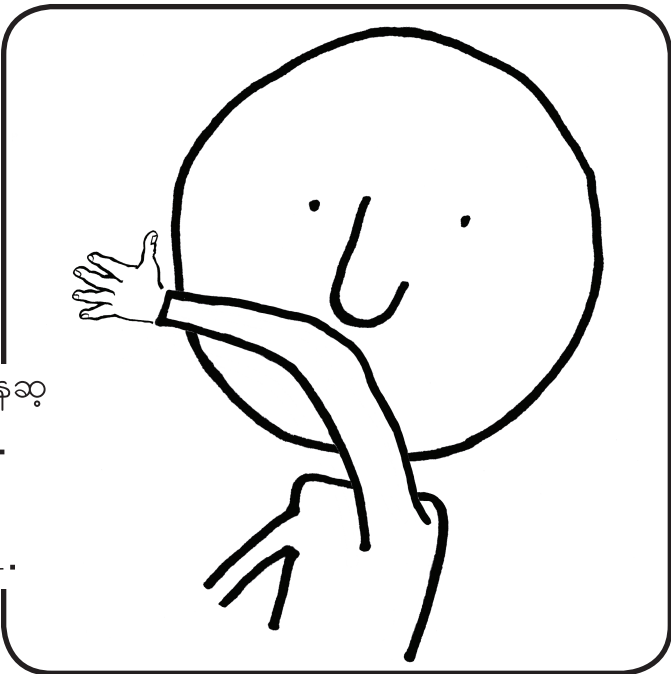
ကးဘၢန

ကိၣ်ပှၤဖဲနကူးတက့ၢ်

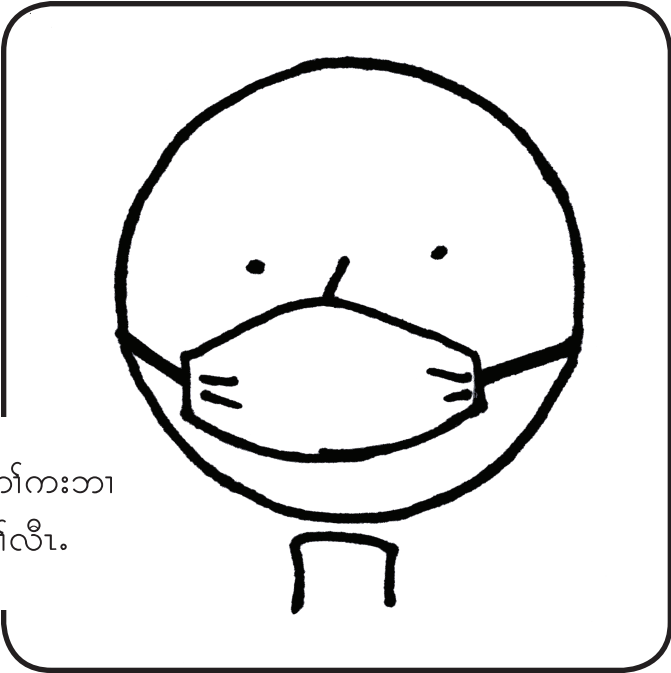
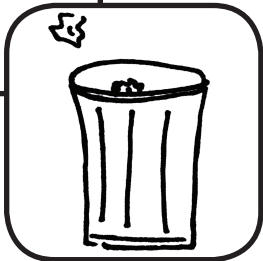


သုးခိဒီးကးဘၢနကိၣ်ပှၤဒီးနါ
ဖဲနကဆဲဒီးကူးအကတီၢ်

မ့တမ့ၢ်
ကဆဲဒီးကူးလီၤလၢ နဆု
ကၤစ့ၣ်အပူၤတက့ၢ်.
တဘၣ်ကဆဲဒီးကူး
န့ၣ်ဆုနစုညါသးတဂ့ၤ.



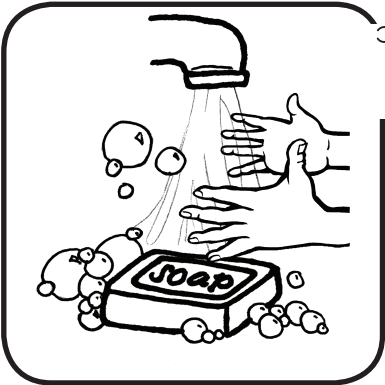
တၢ်လီၤစးခိလၢနသုတၢ်လံဆူတ
ဃၢ်ဒၤအပူၤတက့ၢ်.



ဘၣ်သ့ၣ်သ့ၣ်တၢ်ကမၤနထီတၢ်ကးဘၢ
မံၣ်ဒ်သိးကဒိသဖျၢၤဂၢ်အဂီၢ်လီၤ.

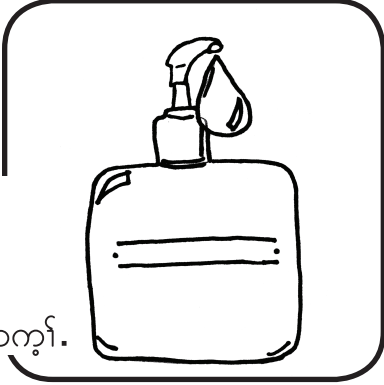
မၤကဆိ နစု

ဖဲနကူးမ့တမ့ၢ်ကဆဲဝံၤအကတီၢ်တက့ၢ်.



သုစုလၢဆးပှၣ်ဒီး
ထံကလၢ

မ့တမ့ၢ်
မၤကဆိဒီး
တၢ်မၤကဆိစုလၢ
အဟံၣ်ဃုၣ်ဒီး
အဲလ်ကိၣ်ဟီၤ တက့ၢ်.



បញ្ឈប់ការរាលដាលមេរោគដែលធ្វើឱ្យអ្នក និងអ្នកដទៃឈឺ!

បិទបាំងការក្អករបស់អ្នក



បិទបាំងមាត់
និងច្រមុះរបស់អ្នកដោយក្រដាស
អនាម័យ នៅពេលអ្នកក្អក
ឬកណ្តាស់ ឬ



ក្អក ឬកណ្តាស់នៅដើមដៃរបស់អ្នក
មិនមែននៅក្នុងដៃរបស់អ្នកនោះទេ

ដាក់ក្រដាសអនាម័យដែលបានប្រើ
ចូលទៅក្នុងធុងសំរាម



សំអាតដៃរបស់អ្នកបន្ទាប់ពីការក្អក ឬការកណ្តាស់



លាងដៃជាមួយសាប៊ូ
និងទឹកក្ដៅល្មមរយៈពេល
២០ វិនាទី ឬ



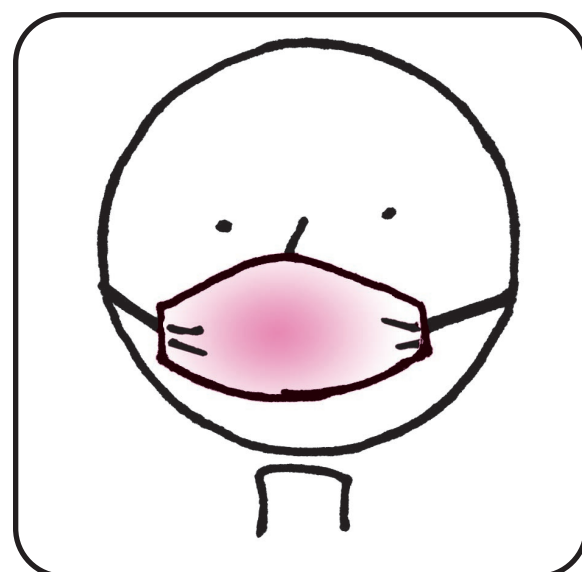
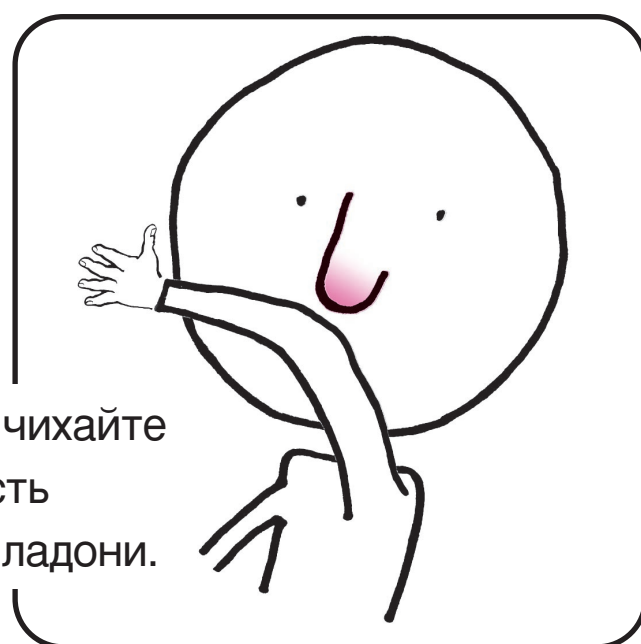
លាងជាមួយឧបករណ៍
សំអាតដៃដែលមានជា
តិអាល់កុល



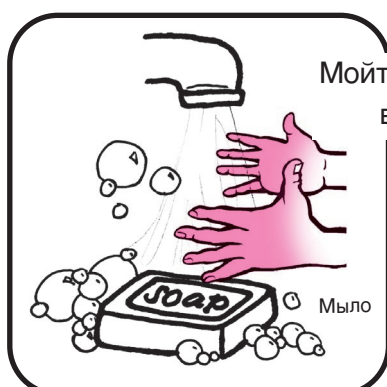
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Прикрывайте рот при кашле



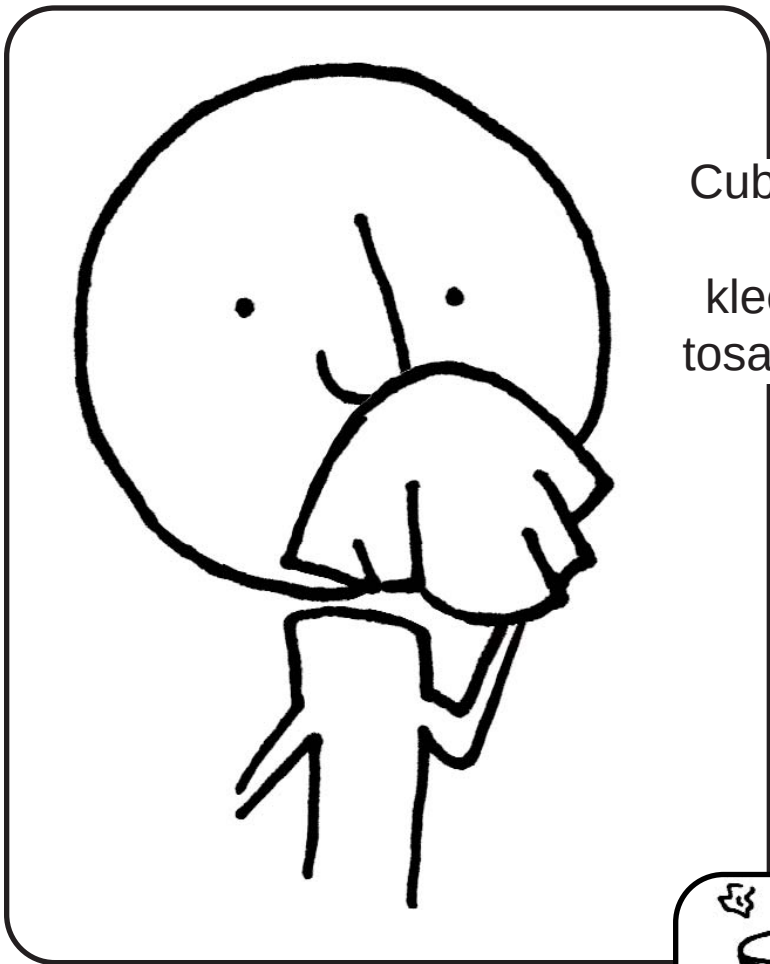
Мойте руки после кашля или чихания.



Cover Your Cough **Russian**

¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

Cubra su tos



Cubra su boca y
nariz con un
kleenex cuando
tosa o estornude

o
tosa o estornude en la
manga de su camisa,
no en sus manos.



Deseche el kleenex
sucio en un basurero.

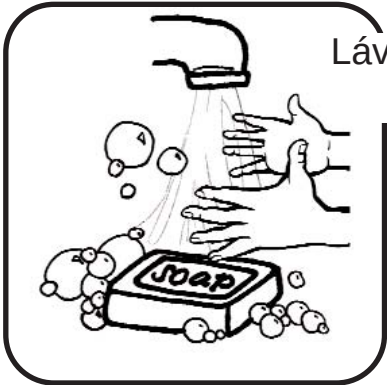


Quizás le pidan ponerse una
mascarilla quirúrgica para
proteger a otras personas.

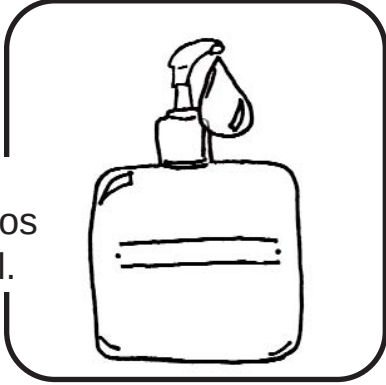


Lávese las manos

después de toser o estornudar.

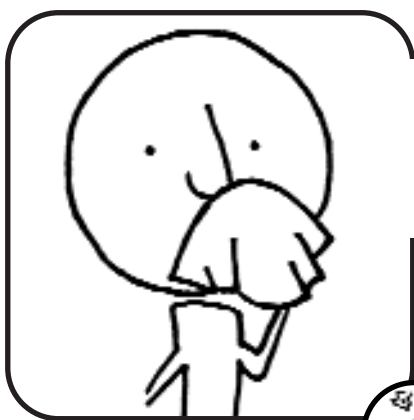


Lávese las manos con
jabón y agua tibia
o
límpielas con un
limpiador de manos
a base de alcohol.



Itigil ang pagkalat ng mga mikrobyo na nagdudulot ng sakit sa iyo at sa ibang mga tao!

Takpan ang iyong Ubo



Takpan ng tisyu
ang iyong bibig
at ilong kapag
umuubo o
bumabahing

o kaya

umubo o bumahing
sa itaas ng iyong
manggas, hindi sa
iyong mga kamay.

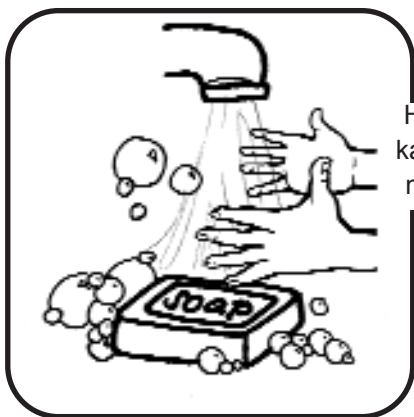


Ilagay sa tapunan ng basura
ang iyong ginamit na tisyu.



Linisin ang iyong mga Kamay

pagkatapos umubo o bumahing.



Hugasan ang mga
kamay ng sabon at
mainit-init na tubig

o kaya

linisin ng de-
alkohol na pan-
linis ng kamay.



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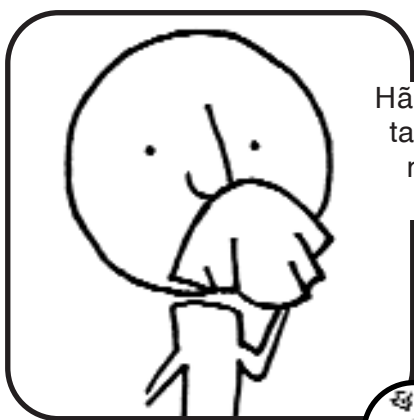


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Hãy chặn đứng sự lây lan của các loại vi trùng khiến quý vị và người khác bị bệnh!

Che ho



Hãy dùng giấy lau
tay che miệng và
mũi khi ho hoặc
nhảy mũi

hoặc

ho hoặc nhảy mũi vào
phía trên của tay áo,
dùng ho hoặc nhảy
mũi vào bàn tay.

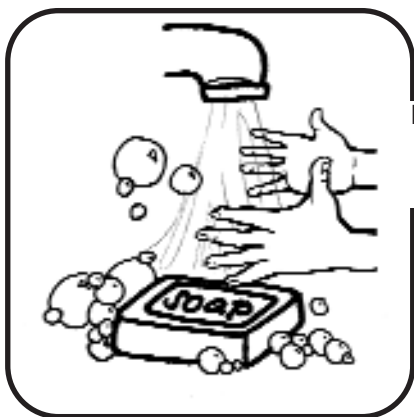


Bỏ giấy đã dùng
vào giỏ rác.



Rửa tay sau

khi ho hoặc nhảy mũi.



Rửa tay bằng
nước và xà
phòng

hoặc

rửa sạch bằng
thuốc rửa tay
có chứa cồn.

